Developing your Manifesto and Proclamations.

Choose short sentences that can become your Mantras. Starting with I AM means

A= taking Action & **M**= keeping Momentum

*I am **Aware** that…*

*I am **Connecting** with/to so that I am….*

*I completely **Trust** that I am*

*Knowing what is available to ME I am **Surrendering** to…*